

Individualized Mentoring Plan

Start Date:		End Date:	
Youth Name:			
Mentor Name:			

Long-Term Goals

- 1) In the first few months with your mentor, work together to complete the six sections inside this plan (*Learning, Connecting, Thriving, Working, Leading, and Returning to My Community*).
- 2) Based on your work in this plan, talk with your mentor to create two or three goals you would like to achieve in the next one or two years.
- 3) Write these goals down in the spaces provided in the "My Long-Term Goal" column below.
- 4) In six months and nine months after your mentoring relationship begins, write about your progress toward these goals in the "Update" columns below.

	My Long-Term Goal	6-Month Update	9-Month Update
Goal 1			
Goal 2			
Goal 3			

Youth Signature

Date

Mentor Signature

Date

Topic	Strengths (What I'm Good At)	Areas for Growth (What I Can Get Better At)
Learning <i>Doing my best in school and educational settings.</i> Date Section Completed: _____	1) _____ 2) _____ 3) _____	1) _____ 2) _____ 3) _____
Connecting <i>Building relationships, getting around my community, and finding resources.</i> Date Section Completed: _____	1) _____ 2) _____ 3) _____	1) _____ 2) _____ 3) _____
Thriving <i>Making positive choices for my physical and emotional health.</i> Date Section Completed: _____	1) _____ 2) _____ 3) _____	1) _____ 2) _____ 3) _____
Working <i>Exploring careers and getting ready for finding and keeping a job.</i> Date Section Completed: _____	1) _____ 2) _____ 3) _____	1) _____ 2) _____ 3) _____
Leading <i>Being involved in my community and setting goals for myself.</i> Date Section Completed: _____	1) _____ 2) _____ 3) _____	1) _____ 2) _____ 3) _____
Returning to My Community <i>Where I am going to live, learn, and work and tasks I will need to complete when I return home.</i> Date Section Completed: _____	1) _____ 2) _____ 3) _____	1) _____ 2) _____ 3) _____

I Will Do... <i>(My Responsibilities)</i>	Mentor Will Do... <i>(My Mentor's Responsibilities)</i>	Supports & Services <i>(What I Need to Do My Best)</i>
1) _____	1) _____	1) _____
2) _____	2) _____	2) _____
3) _____	3) _____	3) _____
1) _____	1) _____	1) _____
2) _____	2) _____	2) _____
3) _____	3) _____	3) _____
1) _____	1) _____	1) _____
2) _____	2) _____	2) _____
3) _____	3) _____	3) _____
1) _____	1) _____	1) _____
2) _____	2) _____	2) _____
3) _____	3) _____	3) _____
1) _____	1) _____	1) _____
2) _____	2) _____	2) _____
3) _____	3) _____	3) _____
1) _____	1) _____	1) _____
2) _____	2) _____	2) _____
3) _____	3) _____	3) _____

Short-Term Goals: Steps to Meeting Long-Term Goals

Long-term goals are achieved by setting short-term goals that move you closer to success one step at a time. Copy your long-term goals from the first page of this Individualized Mentoring Plan into the spaces below. Then work with your mentor or friends to brainstorm and write down some short-term goals to help you achieve each long-term goal. When thinking about short-term goals, pick things that you can complete in one week to a month.

Long-Term Goal Sample: *Get a job working with animals.*

Short-Term Goal Ideas

- Research employers in my area where I could work with animals.
- Work with my mentor to set up a job shadow at one of these employers.
- Research requirements to volunteer at an animal shelter to gain experience.
- Work with my mentor to write a resume and practice job interviewing.
- Fill out applications and submit resumes to get a job working with animals.

Long-Term Goal 1:

Short-Term Goal Ideas

Long-Term Goal 2:

Short-Term Goal Ideas

Long-Term Goal 3:

Short-Term Goal Ideas